

Pack Your Snacks & Go!

I spend lots of time on the go! I carry snacks for energy to keep me moving. Planning ahead makes eating healthy easy!

Snacking with Power Panther™

Fill in the missing letters. Use the clues below to find some of **Power Panther's™** favorite travel snacks.

Down:

1. Fruit that grows on a vine and rhymes with "apes."
2. A long, green vegetable that begins with "c" and the end rhymes with "see."
3. Fruit that grows on a tree and is as juicy as can be.

Across:

4. Food made from milk and begins with "Yog."
5. A type of cookie whose name begins with "gra" and tastes great with milk.
6. These orange vegetables grow underground and when eaten make a crunchy sound.

tip: Pack carrots, nuts, or dried fruits for a snack at school or play.

Snack Mix

You need:
1 cup mini pretzels;
1 cup raisins;
1 cup of nuts (your choice);
1/2 cup sunflower seeds.

You need energy to keep you moving. Try this recipe to help you get the energy you need to **MOVE!**

Mix ingredients together.

Store in airtight container.

Makes twelve- 1/4 cup servings. **ENJOY!**

Funnies

Q: Why did the orange stop in the middle of the road?

Funnies Answer: Because he ran out of juice!

Crossword Answers: Grapes, celery, apple, yogurt, graham cracker, carrots.